



City of Green Bay Employee Newsletter

Thank you for all that you do to make the City of Green Bay a wonderful place to work and a great place to live!

APRIL 2015

VOLUME VIII, ISSUE IV

MAYOR'S COLUMN

With warmer weather upon us, it's time to start training for the annual Bellin Run 10K. Last year's event drew 18,213 walkers, runners and wheel chair participants.

The City is once again participating in the Bellin Corporate Challenge. The Challenge is a friendly challenge among local businesses that is rated on participation percentage and cumulative age-graded time. I encourage all city employees to register for this year's Bellin Run before May 1st for an early registration gift.

Group training runs are organized for every Saturday at 9:00 a.m. with Dave Wilquet and every Thursday at 3:30 p.m. with Nurse Coach Dulcie starting at the CityDeck. I hope you can join me at as many of these training runs as possible.

Watch for more information and registration details from our team leader, Dave Wilquet.

Mayor Jim Schmitt

HEALTH COACH

This just in:

Sitting and sedentary living is dangerous for our health!

Natural movement every day is essential in longevity. The world's longest-lived people don't pump iron or run marathons or join gyms. They simply grow gardens, do yard work, walk to destinations and live without modern conveniences. Our environment is setting us up to fail when it comes to moving naturally. So, what can you do intentionally to move more throughout your day? Are there ways that you can hard wire movement into your day? Here are some ways you can support movement and be supported by the people around you every day!

- **Top 100 Active Employers Challenge-Join Team Green Bay!**

Mayor Jim Schmitt supports this wellness competition that kicks off on April 6th and has challenged all of us to get on the move and represent the City of Green Bay and the State of Wisconsin for this nationally recognized competition. To join over 200 of your coworkers and to register, go to <http://top100.welcoa.org/register/teamgreenbay>, contact Human Resources or Coach Dulcie.

- **Bellin 10K Walk/Run Corporate Challenge-Join the City of Green Bay Team!**

As a City of Green Bay team member, by signing up before May 1st, you will get an early registration gift, VIP delivery of your race packet, and employees will get \$10 off the \$20 registration. See Coach's Corner of this newsletter or Dave ext 3034 for registration info.

Nurse Coach Dulcie

April is Tornado Awareness Month

Wisconsin averages 23 tornadoes annually. In 2014, 22 tornadoes were reported in Wisconsin by the National Weather Service, 18 of those occurred in June.

Tornado Safety at Home, Work or Play.

- If you are in a home or building, avoid windows. Move to a basement and get under a sturdy table or the stairs. If a basement is not available, move to a small interior room or hallway on the lowest floor by using the stairwell and cover yourself with your arms/hands, a towel, coat or something similar. If possible, get under a sturdy table, desk or counter. Wearing a bike helmet can protect your head.
- If outdoors, seek shelter in a sturdy building. If you cannot get to a shelter, stay in your vehicle with the seatbelt on and place your head below the windows. Do not seek shelter under an overpass.

Tornado Watch: Severe thunderstorms with tornadoes are possible in your area. Remain alert for approaching storms. Be prepared to move to safety if a WARNING is issued. Know what counties are in the watch area by listening to NOAA Weather Radios, a local radio station or a local television station.

Severe Thunderstorm Watch: Thunderstorms with large hail and damaging winds are possible. Be prepared to move to safety if a WARNING is issued.

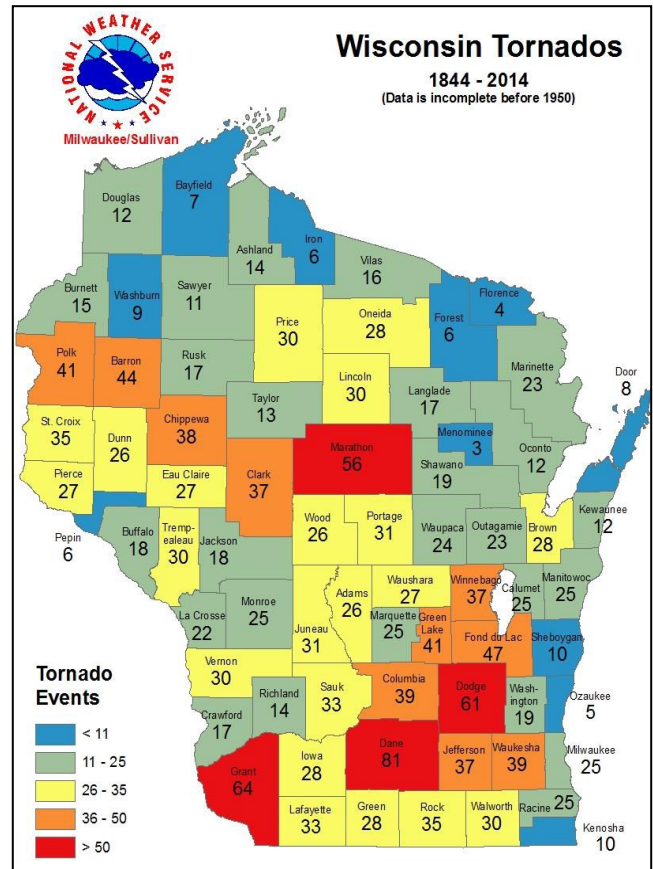
Tornado Warning: A tornado has been sighted or indicated by weather radar. Move to a place of safety now!

Severe Thunderstorm Warning: A thunderstorm with large hail and damaging winds have been reported or indicated by weather radar.

Warnings indicate imminent danger to life and property to those in the path of the storm.

Source: State of Wisconsin Department of Military Affairs Division of Emergency Management

Coleen Hinz, Safety Manager



BENEFITS

If you, your spouse or child(ren) are in need of acute care, the Bellin Health Fast Care clinics are available for only a \$10 co-pay. The clinics are located at the following Shopko locations: Bay Park Square Mall, East Town Mall and on Lineville Road in Howard. You will need to show either your City of Green Bay ID card (if you have one) or your UMR card. This visit does not get run through the insurance plan and therefore does not track towards the out-of-pocket maximum.

Jean Adams, Benefits Specialist

Recreation Corner

What's Hot In The Parks Department for April:

- **Golden Memories Dance** will be held at Bay Beach on May 15th. Tickets are on sale at the Parks Office.
- **Tennis lessons** are being offered for tykes, youth and adult at various parks.
- **We are accepting applications for summer jobs; please go to NEOGOV for a complete listing.**
- **Acquire the skills to save a life! Enroll in our Life-guard Training class at Southwest Pool. Session begins April 25th**

Visit our [website](http://www.ci.green-baywi.gov/parks/recreation/index.html) for complete programming information or to view our brochure:

www.ci.green-baywi.gov/parks/recreation/index.html

WELCOME NEW EMPLOYEES

Please take a moment to
welcome our newest employees!



Stephanie Hummel
Planner I



Lorri Kornowski
Clerk III (Clerk's Office)



Jane Morse
4K Naturalist



Britney Vanderbunt
Community Service Intern



The Fire Department welcomed 18 new Fire Recruits on March 2nd.

Ryan Adams, Daniel Brzeskiewicz, Scott Buresh, Joshua Canterbury, Jeremy Franke, Matthew Gilanyi, Alexander Kasten, Cody Krusick, Andrew Peterson, Ryan Schaumberg, Brett Schroeder, Daniel Schultz, Brandon Schwarz, Joel Stone, Alexander Tislau, Joshua Trembl, Andrew Witbro, Benjamin Zemple

Coach's Corner

Wellness Updates from Coach Dulcie

Fitness

Be part of the team-register for the Bellin Run Corporate Challenge as a member of the City of GB Team and receive \$10 off the \$20 registration fee!



REGISTRATION:

Website: <https://register.racepartner.com/bellinrun>

Team name: City of Green Bay

Team password: 723

Promo code - For employee use only: Bellin10

AND...Participate in the Saturday morning training walk/runs with your Team Champion, Dave Wilquet and be entered into a weekly drawing* for **FREE food from Subway!** CGB Team training walk/runs start 9am at the City Deck March 28 and run every Saturday thru June 6th. Need NOT be registered or participate in the Bellin Run to join these training sessions- open to all City employees!

*Tickets will be distributed prior to each training walk/run. Must present ticket at the end of each training walk/run to be entered into the weekly drawing.

Food

Recipe: Café Mocha breakfast bars (aka Weight Watcher's Baby Ruth bars).

- 1/3 cup grape-nuts cereal
- 3 packets Equal sweetener
- 1 oz brewed coffee
- 1 package powdered Hot Chocolate Mix (Diet type)
- 1 TBSP Peanut Butter (I like crunchy)
- Chocolate extract to taste

Mix all ingredients together well. Take a piece of wax paper and flatten the mixture into a bar. Place in freezer to form. Unwrap and enjoy ☺

Fun

Access your PBA account information and use your smart device as your Benny Card with the free EBCflex app for smart devices! Search for EBCflex in your smart device app store.

Slow Cooker Lime Chicken with Rice

Yield: 4 Servings

Ingredients

- 1 1/4 pounds boneless, skinless chicken breast halves
- 1/3 cup lime juice
- 2 cups chicken broth
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter
- 2 cups uncooked instant rice

Directions

1. Place the chicken breasts into a slow cooker; pour in the lime juice and chicken stock. Add the garlic, thyme, pepper, and butter.
2. Cover, and cook on Low until the chicken is very tender, 8 to 10 hours. Stir in the rice during the last 15 minutes of cooking time.

NUTRITION: Calories 395, Fat 8 g, Protein 36.7 g, Carbohydrates 41.3 g, Cholesterol 98 mg, Sodium 139 mg

COMMUNITY WALKS & RUNS



Saturday, May 9

Run/Walk: Run for your Mother 5K

Location: Pulaski Community Middle School

Time: 9:00 am

Website: <https://sites.google.com/a/pulaskischools.org/run-for-your-mother/>

Saturday/Sunday, May 16-17

Run/Walk: Cellcom 5K, Half Marathon & Marathon

Location: Lambeau Field Atrium, Green Bay

Website: <http://www.cellcomgreenbaymarathon.com/>

Sunday, May 31

Run/Walk: Aurora BayCare Triathlon & 5K

Location: Ashwaubomay Park, Ashwaubenon

Time: 7:00 am

Website: <http://www.dutrirun.com/page/show/845797-aurora-baycare-tri-may-31-2015>

HAPPY ANNIVERSARY! APRIL ANNIVERSARIES

35 years

Arnold Aubry - Parks, Recreation & Forestry
Virginia Balza - Parks, Recreation & Forestry
Michael Ness - Parks, Recreation & Forestry

25 years

Robert Kispert - DPW Operations
Scott Schuetze - Police Department
Steven Scully - Police Department

20 years

Catherine Allcox - Police Department
Brian Cairns - Fire Department
Bernard Carwardine - Fire Department
Robert Gering Jr - Fire Department
William Kussow III - Fire Department
Jesse Linck - Fire Department
Jeffery Malchow - Fire Department
Anthony Piontek - Fire Department
Rodney Reetz - Police Department
Ronald Roberts Jr - Fire Department
Don Rozz - Fire Department

15 years

Peggy Barden - Human Resources
Christopher Coisman - Fire Department
Daniel Conard - Fire Department
Cory Day - Fire Department
Kurtis Gunn - Fire Department
Timothy Hattendorf - Fire Department
Brian Jordan - Police Department
Keith Kumbalek - Fire Department
Sean Linssen - Fire Department
John Peters - Police Department
Richard Wienke - Fire Department

10 years

Sean Hamill - Police Department
Kristi Norton - Assessor
Kris Teske - Clerk/Treasurer

5 years

Brandon Lensmire - DPW Operations
Scott Selissen - Fire Department